



Ideas to Keep You Cool without the Cola!

Freeze juice for flavorful ice cubes that you can add to water, punches, and other juices

Turn tomato juice into a spicy refreshment by adding lime, pepper, or hot sauce

Liven up lemonade with bite-size chunks of fresh fruit and a sprig of mint

Freeze fruit slices or chill whole fruit to make a cool snack that's ready to eat

Combine seltzers with juice for a bubbly twist to your beverage

Add fruit/juices to iced teas for extra flavor and sweetness

Slice up lemon or orange to brighten up iced water

Blenderized juices with ice make great slushes. Add 1% or less milk or lowfat yogurt, and you have a great smoothie



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